

January, 2019



Town of Braintree Department of Elder Affair

71 Cleveland Avenue, Braintree, MA 02184

Hours: 8:30 AM– 4:30 PM

“Live, Learn, Laugh and Be Happy”

Mayor Joseph C. Sullivan

Sharmila Biswas: Director

Mary Howland: Outreach Coordinator

Therese Jarrett: Services Coordinator

PHONE: 781-848-1963

FAX: 781-848-2835

Michelle Birolini: Volunteer Coordinator

William Murphy: Custodian

Frank DeFrancesco: Transportation Services

WEBSITE: www.townofbraintreegov.org

Please note you may sign up for all activities on Wednesday, January 2, after 9:30 AM

Please do not call earlier to request to be signed up for any activity unless otherwise noted in the newsletter.

Greetings Everyone,

On behalf of staff and the members of our Board, I would like to wish all of you a very happy New Year. May 2019 bring you good health, peace and joy in the simple pleasures of life.

2018 was a busy year and as the Census figures indicate a steady rise in the older adults population; we have no intention of slowing down. My heartfelt thanks to our dedicated staff who always strives forward. Nothing slows them down either. Thanks to our Board members and Volunteers for helping us with our endeavors.

Last year, on December 1st, 2017, Mayor Sullivan, along with other elected officials cut the ribbon and with much grandeur opened the doors to our new addition which sparkles like a jewel in our crown. Everyday that room is bustling with different activities and we are hoping to do more, once we buy more accessories needed to equip that room. With your good wishes and support, 2018 ended with a positive note. Along with our long standing programs, every year, we try to introduce new concepts and activities which not only provides variety, but also brings valuable information that can help you. Hope you can take advantage of all we have to offer. If you have any ideas on programs or activities that may prove to be beneficial to older adults, please let us know. We will be glad to explore the possibilities.

I wish to thank Mayor Sullivan for all his support. Thanks to all the Departments in the Town. Anytime we need help, they are always there for us. But nothing can be gained without your encouragement and good will. You are the reason we are here and I wish you the best for a wonderful 2019.

Before I end, I do have to add a sad note about the passing of Robert Gigi. Bob was with us for a long time. He was our part time Van Driver for many years and after that he volunteered as our Bingo caller. Bob loved baseball and he played Major League baseball from 1959 to 1962. We will miss Bob. We hope his family has the strength to carry on with all the great memories of the good times. May his soul rest in peace.

Stay safe and warm during the winter months.....Sharmila

ABLE Bodies Balance Training Session

Tuesday, January 15 at 10 AM

Bob Cobbett

Exercise Science Instructor and Personal Trainer, Quincy College

ABLE stands for **A**dventures in **B**etter **L**iving through **E**xercise. This session will focus on evaluating your posture, gait and balance. You will also be introduced to some simple exercises that can improve balance and prevent falls. We ask, that you wear comfortable clothing, clean socks and comfortable shoes or sneakers to the session. If you use an assistive device for walking, please be sure to bring it with you as well. The session will have some stretching and balance exercises.

For safety reasons, class size will be limited to the first 20, who sign up. All others are welcome to watch.

Where: Braintree Elder Affairs. Please call 781-848-1963 to sign up
Cost of session: \$3.00

Fire Safety

Friday, January 18, at 11:30 AM



A Braintree Fire Department Presentation

And a sample of their cooking

Come join us and learn everything you need to know about **Fire Safety**. During the winter months, it is specially important to review your safety measures around your home. Simple things you do, can go a long way and keep you safe . We are delighted to have Chief O'Brien, Deputy Chief and other firemen to talk about this very important issue.

The presentation will be followed by a delicious lunch cooked by these brave men.

FIRE SAFETY

Where: Braintree Elder Affairs
Please call 781-848-1963 to sign up

Special Activities and Meetings: See our calendar for a complete list of activities

2nd & 4th Monday	Bereavement Support Group -	2:00 PM
1st & 3rd Wednesday	Bingo—January 2 and January 16	1:00 PM
Every Monday	Trivia	12:00PM
Every Tuesday	Shine Insurance Counseling	10:00 AM
Tuesdays	Beginner Computers: Call to sign up	9:30 AM
Tuesdays	Internet Computers: Call to sign up	10:45 AM
Every Tuesday	Rummikub	10:00 AM
Every Tuesday	Cribbage	12:30 PM
Every Tuesday	Walking Group (see calendar for locations)	10:00 AM
Every Wednesday	Asian Outreach 長者服務	10:00 AM
January 7	Wordy Words and Whoopie Pies with Rosie Brightview Living, Canton	1:00 PM
January 8 & 22	Line Dancing	11:00
January 14	Geronimo is back	1:00 PM
January 15	Bob Cobett Presentation-Able Bodies and Balance Training Session	10:00 AM
January 18	Fire Safety —Presentation by Braintree Fire Department –Please Call to Sign Up	11:30 AM
January 21	CLOSED-Martin Luther King Jr. Day	Closed
January 22	Drum Circle with Eve	10:30 AM
January 29	Alzheimer's Support Group	5:00 PM

From the Recycling Department

Braintree Recycling Article





Household Batteries & Bulbs

Proper handling of these items can be confusing, so let's clear that up.

The old fashioned light bulbs do not contain mercury so can be placed in the trash.

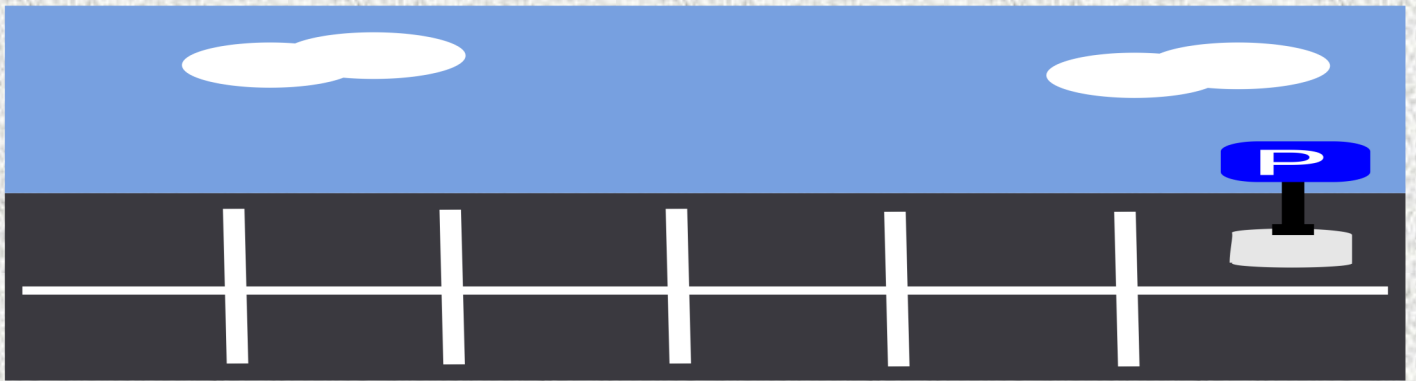
What are called household batteries: AA, AAA, C, and D & 9 Volt batteries do not contain hazardous materials and can be put in the trash also.

The more modern bulbs do contain mercury. They should be & can be recycled through the Town's Drop-off Center on Ivory Street. Rechargeable batteries contain lithium and should also be recycled at the Drop-off Center. There are some retail stores that have announcements at their entrance stating accept of these items. Note: Car batteries are not accepted by the Town except at the spring & fall hazardous waste events.

Free Blood Pressure Clinics	Services
<p>Every Tuesday Braintree Town Hall 3:00-4:00</p> <p>Every Friday Braintree Town Hall 9:00-10:00</p> <p>Thursday Jan. 10 Independence Housing 10:30-11:30</p> <p>Wed, January 2 & 16 Department of Elder Affairs 12:15-1:00</p> <p>Tuesday, January 8 Roosevelt Housing 12:00-12:30</p>	<ul style="list-style-type: none"> • Outreach: Information & Referral Advocacy Friendly Visitor & Library Express • Transportation: please call to reserve Medical Van Rides Senior Center Activity Rides Shopping Shuttles • Recreation: Monthly Lunches Social Activities Special Events & Educational Seminars Day Trips Health and Fitness Classes • Support Groups: Low Vision Meetings Alzheimer's Support Meetings Bereavement Support Group • TRIAD: senior safety • SHINE: health insurance counseling; please call for an appointment • Ask the lawyer: free consultations; please call for an appointment • Medical Equipment Loans: wheelchairs, walkers, canes, shower seats and commodes; please call ahead.
Shopping Shuttle Schedule	
<p>Reservations: please call 781-848-1963; 48 hours in advance.</p> <p>Pick-up time between: 9:30 to 10:00 AM</p> <p>Return time between: 11:30 AM to 12:00 PM</p> <p>Thursday January 3, Shaws Tuesday January 8, Stop and Shop Thursday January 10, Stop and Shop Tuesday January 15, Roche Bros Thursday January 17, Shaws Tuesday January 22, Shaws Thursday January 24, Stop and Shop Tuesday January 29, Stop and Shop Thursday January 31, Shaws</p> <p>Special Shopping Trip: Friday January 11th Dollar Store/Quincy</p>	
Storm Cancellation Policy	A Big Thank you to Ross Elementary School
 <p>If the Braintree Public Schools are closed due to inclement weather, all programs at the Braintree Elder Affairs, including transportation, will be cancelled. If we feel it is unsafe for you to drive, we may also make the decision to cancel.</p>	<p>Braintree Department of Elder Affairs would like to give a heartfelt Thank you for the generosity of Ross Elementary 5th Grade Class. The Holiday Gift Bags you made and shared, with The Older and Wiser people of the Braintree Community was priceless.</p> 

Winter Parking

Please be mindful when and where you park for an event here at the Department of Elder Affairs. If there is no snow please pull onto the grass and please make sure that you are not blocking the entrance or any other cars. We thank you for your attention to this matter.



Alzheimer's Care Givers Support

Hope everyone had a stress free Holiday and all of you are doing well. This month we will have an informal meeting with our group.

Our very own Barbie Rugg, from South Shore Elder Services will be with us. She will lead you through the discussions.

**Tuesday, January 29
5 PM**

Please call 781-848-1963 to sign up
Where: Braintree Elder Affairs

A light supper will be served courtesy of
Grove Manor Estates.

No Belles and Beaux

**Belles and Beaux
Will
Return
In
The Spring**

MONDAY

TUESDAY

WEDNESDAY

January

1

Closed

Happy New Year

2

9:15 Cardio, Strength and Flexibility Class
10:00 Asian Outreach Program 長者服務
12:00 Pool Players
12:00 Poker
12:15-1:00 Blood Pressure

1:00 Bingo



7

9:30 Current Events
10:30 Chair Yoga
12:00 Qi Gong/Tai Chi
12:00 Pool Players
12:00 Poker
12:00 Trivia
1:00 Wordy Words and Whoopie Pies with Rosie

8

Shopping Shuttle: Stop & Shop
9:00 S&S Bus (housing)
9:30 **Computers: Beginners-Sign Up's Only**
10:00 Walking Group
10:00 SHINE insurance help free by appointment
10:00 Rummikub
10:45 **Computers: Internet-Sign Up's Only**
11:00 Line Dancing
12:30 Bridge
12:30 Cribbage

9

9:15 Cardio, Strength and Flexibility Class
10:00 Asian Outreach Program 長者服務
12:00 Pool Players
12:00 Poker

14

9:30 Current Events
10:30 Chair Yoga
12:00 Qi Gong/Tai Chi
12:00 Pool Players
12:00 Poker
12:00 Trivia
1:00 **Geronimo is Back**
2:00 Bereavement group

15

Shopping Shuttle: Roche Bros
9:00 S&S Bus (housing)
9:30 **Computers: Beginners-Sign ups only**
10:00 **ABLE Bodies Balance Training/BOB COBBETT**
0:00 Walking Group
10:00 SHINE insurance help free by appointment
10:00 Rummikub
10:45 **Computers: Intermediate- Sign up only**
12:30 Bridge
12:30 Cribbage
1:00 Ask the Lawyer: free by appointment
1:30 **AARP**

16

Shopping Shuttle:
9:15 Cardio, Strength and Flexibility Class
10:00 Asian Outreach Program 長者服務
12:00 Pool Players
12:00 Poker
1:00 Hearing test **(by appointment only)**
12:15-1:00 Blood Pressure
1:00 Bingo



21

Closed Martin Luther King Jr.



22

Shopping Shuttle: Shaws
9:00 S&S Bus (housing)
9:30 **Computers: Beginners**
10:00 Walking Group
10:00 SHINE insurance help free by appointment
10:00 Rummikub
10:30 **Drum Circle w/Eve**
10:45 **Computers: Intermediate- Sign up only**
11:00 Line Dancing w/Susan
12:30 Bridge
12:30 Cribbage

23

9:15 Cardio, Strength and Flexibility Class
10:00 Asian Outreach Program 長者服務
12:00 Pool Players
12:00 Poker
12:00 **New Movie: Battle of the Sexes**

28

9:30 Current Events
10:30 Chair Yoga
12:00 Tai Chi
12:00 Pool Players
12:00 Poker
12:00 Trivia
2:00 Bereavement group

29

Shopping Shuttle: Stop and Shop
9:00 S&S Bus (housing)
9:30 **Computers: Beginners**
10:00 Walking Group
10:00 SHINE insurance help free by appointment
10:00 Rummikub
10:45 **Computers: Intermediate- Sign up only**
12:30 Bridge
12:30 Cribbage
5:00 **Alzheimer's Support Group**

30

9:15 Cardio, Strength and Flexibility Class
10:00 Asian Outreach Program 長者服務
12:00 Pool Players
12:00 Poker

THURSDAY

FRIDAY

any

3

Shopping Shuttle: Shaw's
9:30 Mah Jongg
11:30 Quilting Group
11:30 Chair Yoga
1:00 Art Group
1:00 Knit/Crochet

4

9:15 Cardio, Strength and Flexibility Class
10:00 Weight Loss Group
12:00 Pool Players
12:00 Mixed Poker
12:30 Ask the Lawyer: free by appointment
1:00 Fun Movie Friday: **Something's Gotta Give**

10

Shopping Shuttle: Stop & Shop
9:30 Mah Jongg
10:00 Photography
11:30 Quilting Group
11:30 Chair Yoga
1:00 Art Group
1:00 Knitting

11

Special Shopping Trip: Dollar Store/Quincy
9:15 Cardio, Strength and Flexibility Class
10:00 Weight Loss Group
12:00 Pool Players
12:00 Mixed Poker
12:30 Ask the Lawyer: Free by Appt.
1:00 Fun Movie Friday: **Romancing the Stone**

2:00 Dept. of Elder Affairs Board Meeting

17

Shopping Shuttle: Shaw's
9:30 Mah Jongg
10:30 Book Club
11:30 Quilting Group
11:30 Chair Yoga
1:00 Art Group
1:00 Knit/Crochet

18

9:15 Cardio, Strength and Flexibility Class
10:00 Weight Loss Group
11:30 **Braintree Fire Safety Presentation**
12:00 Pool Players
12:00 Mixed Poker
No Movie

2:00 Dept. of Elder Affairs Board Meeting

24

Shopping Shuttle: Stop & Shop
9:30 Mah Jongg
10:00 Photography
11:30 Quilting Group
11:30 Chair Yoga
1:00 Art Group
1:00 Knit/Crochet

25

9:15 Cardio, Strength and Flexibility Class
10:00 Weight Loss Group
12:00 Pool Players
12:00 Mixed Poker
1:00 Fun Movie Friday: **The Help**

31

Shopping Shuttle: Shaw's
9:30 Mah Jongg
10:00 Photography
11:30 Quilting Group
11:30 Chair Yoga
1:00 Art Group
1:00 Knit/Crochet

*Special activities will have an article about the event. Please wait to call until after the first day of the month to sign up.
*There are fees for all exercise programs. Call for information regarding these charges.

Outreach Department



Holiday Program

We would like to thank all the people who donated gifts this year to provide some holiday cheer to our seniors. Your kindness and generosity is much appreciated.

Friendly Visitor Program

Our Friendly Visitor Program is designed for residents of Braintree who are age 60 and older who live alone, and who are lonely, home-bound or isolated. You will receive home visits and follow up telephone calls from our Friendly Visitor. The purpose of these visits is to alleviate loneliness and isolation by having social interaction with the Friendly Visitor. The Friendly Visitor Program is funded by a Title IIIB grant from South Shore Elder Services and by a grant from the Executive Office of Elder Affairs. Donations to the program are also greatly appreciated and are used solely to enrich this service. For more information, please call the Outreach Office at 781-848-1963.

Winter Weather Precautions

Please be sure to take the necessary precautions to stay healthy and safe this winter. Don't forget to wear gloves and hats on those really freezing days. It does not take long to develop frostbite. Wearing layers of clothing can keep you warm and you can always take a layer off if need be. If you have a cane, you may want to use an ice tip. You can fold it up when you are not using it and down when you need it. It gives your cane better traction in the ice and snow. We have some here at the Senior Center. Also remember automobile safety in the winter. It is a good idea to fill up your windshield wiper fluid. You may want to put a blanket and shovel in your car. If you have a cell phone, bring it with you in the car when you go out in case of an emergency. Make sure your exhaust pipe is not covered by snow...this could lead to carbon monoxide poisoning.

STAY SAFE THIS WINTER!!!!

Wordy Words and Whoopie Pies With Rosie

Monday, January 7, 2019 • 1:00PM – 2:00PM

Rosie from

Brightview Canton Senior Living, Presents

“Wordy Words and Whoppie Pies”

Join us for a session of fun and laughter

We'll enjoy homemade whoopie pies, have fun with vocabulary and play memory and word games



Where: Department of Elder Affairs. Please call 781-848-1963 to sign up

From the Chairman of the Board Hank Joyce

From The Chairman of the Board Hank Joyce

From The Chairman of the Board Hank Joyce

WOW... It's hard to believe that it's the middle of December and Christmas and the New Year are right around the Corner.

The Patriots are playing pretty good but they must fine tune there defense if they hope to make it to the Super Bowl. I haven't gotten into following the Celtics and Bruins yet but after January, I will start watching them as football winds down.

I want to thank my favorite, Redhead, Chris Griffin, for another production of I love Lucy. The crowds are getting bigger and the laughs are getting louder.

Mike Petit did a great job on the Comedy show and should be invited back soon maybe in February.

The Pearl Harbor remembrance was a very touching ceremony. It is always good to remember that a lot of men/women have given their life so that we may enjoy our freedom.

Well I have to get ready for the Christmas Party today, looking forward to seeing everyone.

I want to wish everyone Happy Holidays, a very Merry Christmas, and a safe and prosperous New Year.

Please be very careful during the Holiday Season and Be Safe.

New Movie

D



Date: January 30

Time: 12:00

This electrifying sports docudrama recreates the legendary 1973 "Battle of the Sexes" tennis match between Billie Jean King and Bobby Riggs. When Riggs brags that he can beat any woman in the world on the tennis court, reigning champion King accepts his challenge. Their highly publicized match soon takes on a larger meaning as a milestone in the fight for gender equality

Honoring and Remembering our Pearl Harbor Heroes



Line Dancing with Susan

Date: January 8 and January 22

Time: 11:00

Where: Elder Affairs

Cost: \$3.00

Ask and you shall receive. Due to “High Demand”, we are bringing Susan back on a regular schedule for Line Dancing.



Thank you

Thanks to everyone who donated so generously to our annual **Holiday Gift Tree**. It was such a pleasure to see the smiling faces. Thank you for making a difference. Happy New Year!



Rhythms with Eve Tuesday, January 22, 10:30 AM

Experience the Power of Music

Eve Montague

Director, Creative Arts Therapies, South Shore Conservatory

Explore the power of music to build confidence, communication and teamwork. Using rhythm instruments, activities are designed to be accessible and fun. Group participants will have the opportunity to work as a team and refine their listening skills. **No music experience is required!** Everyone will be able to access an instrument and create sound and rhythmic movements together in a fun filled environment. All are welcome to join the hour of rhythms and music

Persons who Volunteer their time for the Department of Elder Affairs are strongly encouraged to join this wonderful session. This is our way of thanking you for your time and dedication and keep you inspired.

Where: Elder Affairs: Please call 781-848-1963 to sign up.



The Season of Giving is Also the Season of Scams

It pays to be vigilant to avoid scams or slip-ups that could put a damper on your holiday celebrations. Here are some ways to keep your holidays happy.

- **Watch out for deals.** Be wary of those too-good-to-be-true deals, especially those that show up as links on your social media feeds. Check out reviews, search the retailer's name with "scam" to see what comes up, and if it's a retailer you already know and frequent online, go directly to the website rather than clicking on a link. And study links carefully. Often they don't go to the site you think they would.
- **Public Wi-Fi risks.** Making purchases online while on public Wi-Fi is dangerous. Only shop on public Wi-Fi if you have a "Virtual Private Network" on your device and it is turned on. When you do shop online, stick with credit cards. You are liable for only up to \$50 of fraudulent use, but your financial loss with a stolen debit card could be much higher.
- **Sign for those package deliveries.** Watch out for phishing scams claiming to be from UPS, FedEx and the US Postal Service asking you to click a link to solve a delivery issue. Require a delivery signature so packages aren't left outside for a thief to grab, or indicate a safe place for the delivery company to leave packages.
- **Be mindful when applying for temporary holiday jobs.** Bogus online job applications for holiday help ask for personally identifiable information, especially your Social Security number. Don't share your number with anyone unless you absolutely have to, and never provide it until you confirm you are dealing with a real organization looking for employees. And if you see a seasonal job in the newspaper, and are suspicious, look up the company's phone number online and call that number, rather than the one in the ad.
- **Use caution when buying gift cards.** Thieves can hit store gift card racks, secretly write down or scan the numbers off the cards, then check online or call the toll-free number to see if someone has bought the cards and activated them. As soon as a card is active, the scammers drain the funds. By the time your gift recipient tries to use the card, the money is long gone. Safely purchase gift cards directly from the store clerk – and ask them to scan the card to make sure it has the correct value.
- **Charity scams.** Legitimate charities make a big push at year-end for last minute annual donations. Scammers know this, and make their own end-of-year push to line their own pockets. Check the charity before donating at charitynavigator.org or give.org, and make sure your donation is going to the charities that really are using your money for good.

Romance scams. A perennial scam, the romance scam heats up around the holidays. Watch for people you meet on dating sites who quickly want to take your conversation offline, who may resist talking on the phone, who say they are abroad and can't meet you in person, and eventually ask for money – to buy a plane ticket to come see you, or to help with a business venture, for example. Online dating can be fun and exciting – but beware of those who have money, and not love, on their minds.

When it comes to fraud, vigilance is our number one weapon. You have the power to protect yourself and your loved ones from scams. Please share this alert with friends and family.

And...According to Scambusters, thousands of flood-damaged cars are heading for used car lots across the U.S. in the wake of recent storms. If you're shopping around for a car, there are lots of tell-tale signs that water has been at work. The external body work may look great, but inside the engine compartment, the wheel arches and around the chassis, you can spot the signs of flood.

For a list of those signs, check out this new guide from the Consumer Federation of America: <https://tinyurl.com/CFA-flood-damage>

Fun Movie Fridays at 1:00 PM

Friday, January 4, Something's Gotta Give



Starring: Diane Keaton and Jack Nicholson—When aging womanizer Harry Sanborn (Jack Nicholson) and his young girlfriend, Marin (Amanda Peet), arrive at her family's beach house in the Hamptons, they find that her mother, dramatist Erica Barry (Diane Keaton), also plans to stay for the weekend. Erica is scandalized by the relationship and Harry's sexist ways. But when Harry has a heart attack, and a doctor (Keanu Reeves) prescribes bed rest at the Barry home, he finds himself falling for Erica -- who, for once, may be out of his league.

Friday, January 11, Romancing the Stone



Starring: Kathleen Turner and Michael Douglas—A dowdy romantic-adventure writer is hurled into a real-life adventure in the Colombian jungle in order to save her sister, who will be killed if a treasure map is not delivered to her captors. She is helped out by a brash mercenary, and together they search for the priceless gem located in the map.

Friday, January 18, NO MOVIE

Friday, January 25, the Help



Starring: Viola Davis and Emma Stone—In 1960s Mississippi, Southern society girl Skeeter (Emma Stone) returns from college with dreams of being a writer. She turns her small town on its ear by choosing to interview the black women who have spent their lives taking care of prominent white families. Only Aibileen (Viola Davis), the housekeeper of Skeeter's best friend, will talk at first. But as the pair continue the collaboration, more women decide to come forward, and as it turns out, they have quite a lot to say.



Braintree Department of Elder Affairs
71 Cleveland Avenue
Braintree, MA 02184

Place
Stamp
Here

Braintree Department of Elder Affairs: Information & referral, Outreach assistance, transportation - both local & Title IIIB SSES grant funded MAP rides to Boston, shopping, SHINE insurance help, TRIAD services, healthcare clinics, support groups, informational seminars, recreation/activities, trips, tax counseling, medical equipment loans, resale & craft shops and many volunteer opportunities.

The office of Braintree's Veterans Agent, Cynthia Harris, is located in the Department of Elder Affairs building.

Phone: 781-794-8217

Braintree Dept. of Elder Affairs ~ 2018 Board Members

Henry (Hank) Joyce, Chairman of the Board

Wayne Gilbert, Vice Chairman

Lucille Barton

Jane Fogg

Ann Moore, Secretary

Tim Burke

Connie Mattina

Robert Caruso, Treasurer

June Newman

Carol Whittall

Leland Dingee

AARP/IRS Tax Aide Program

The AARP/IRS Tax Aide Program will be open at the Braintree Department of Elder Affairs beginning in February 2019.

NOW is the time to begin collecting all information required for filing your 2018 tax returns:

- All 1040 and 1040A Forms
- Bank information & interest forms
- W-2s & 1099s
- Social Security Statements
- Statements of all income
- Information on deductions/credits
- Real estate, water/sewer bills
- Medical payments & insurance payments
- Copy of Last year Tax returns
-

We hope to start taking appointments on Thursday, January 24, 2019. Please call the Senior Center on or after January 24th at: 781-848-1963 for an appointment. **PLEASE DO NOT CALL BEFORE.**

The Braintree Department of Elder Affairs' newsletters are available at Town Hall, Thayer Public Library, banks, supermarkets, pharmacies, churches and some medical facilities. Please view online: www.townofbraintreegov.org
Donations to The Braintree Department of Elder Affairs are greatly appreciated. Thank you to all who have generously donated to support our wonderful programs.